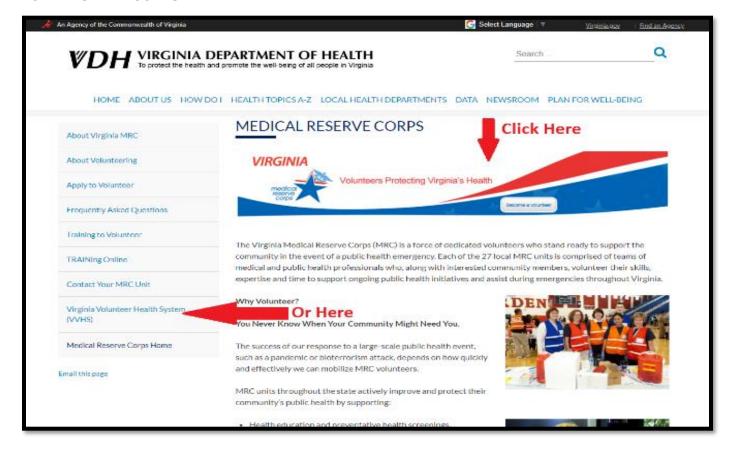
APPENDIX D — USING THE VIRGINIA VOLUNTEER HEALTH SYSTEM (VVHS)

When you signed up to become a member of the **Central Shenandoah**, **Lord Fairfax**, or **Thomas Jefferson Medical Reserve Corps**, you likely did so by creating an online account and completing profile information through the Virginia Volunteer Health System (VVHS) (https://vamrc.org/vvhs). VVHS is a web-based system, administered by VDH, used to register, credential, track, and communicate with volunteers interested in assisting with health-related activities during emergencies.

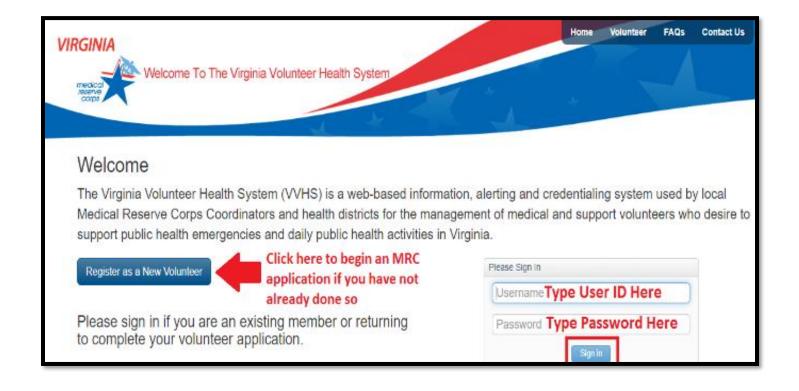
VVHS corresponds to the national ESAR-VHP program (https://www.phe.gov/esarvhp/) for registration of volunteer health professionals for emergency and disaster response. It is important to keep your contact information and details about any professional licensure you hold up to date in VVHS. The following is a step-by-step guide to creating and maintaining your VVHS profile.

STEP 1: LOCATING VVHS

1. In order to access VVHS, Go to http://vamrc.org, then click "VA Volunteer Health System (VVHS)" or click the large banner under "MEDICAL RESERVE CORPS"



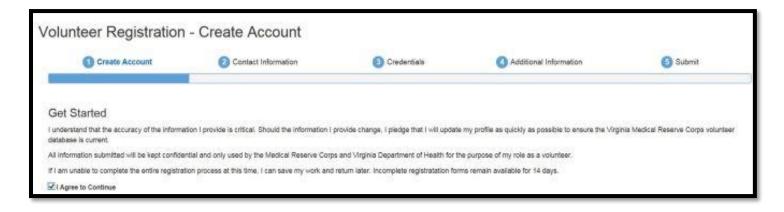
2. Alternatively, you can go to www.vamrc.org/vvhs. Enter your userID and password and click "Sign In." If you haven't registered yet, click the blue button on the left side of the page that says "Register as a New Volunteer." If you already have a VVHS account, you can skip to step 20.

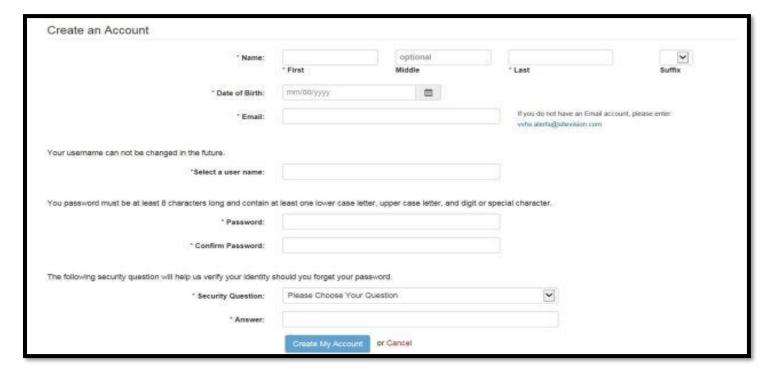


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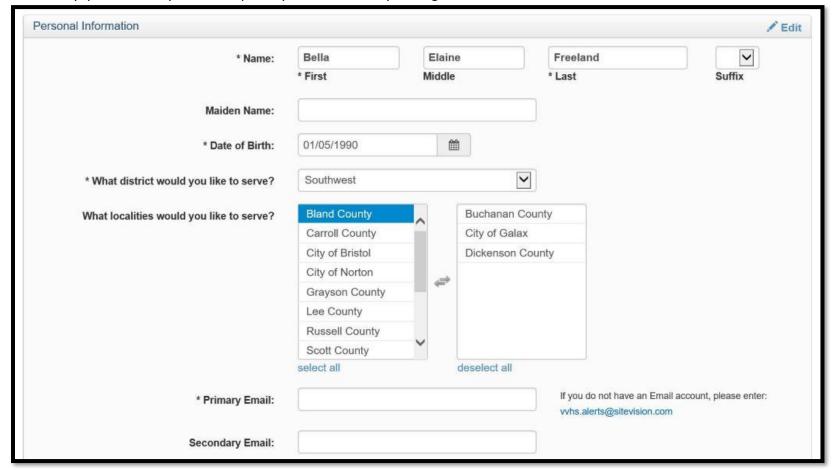
STEP 2: COMPLETING AN MRC VOLUNTEER APPLICATION ON VVHS

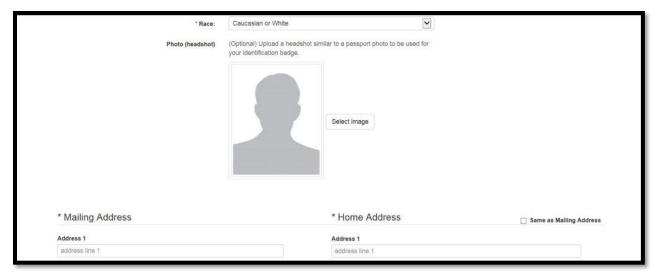
1. Prospective volunteers are required to create an account that will be used to co-manage their volunteer information using the screens below:





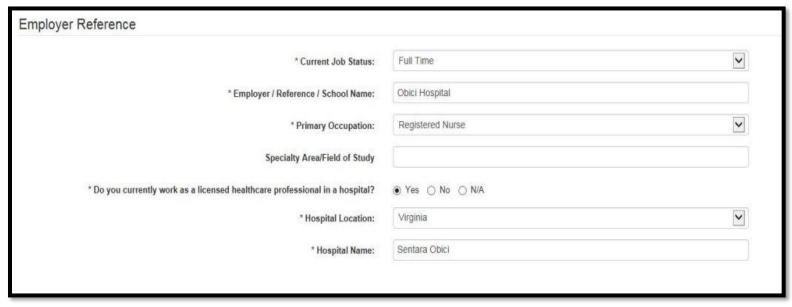
2. You will be prompted to fill in personal contact and identity/demographic information. Items marked with an asterisk are required, although some answer choices, such as "race," may have an option for "unspecified" or "unstated." That said, having information that accurately matches the information on your identification, such as your driver's license, is important for us to verify your identity and complete your mandatory background check.



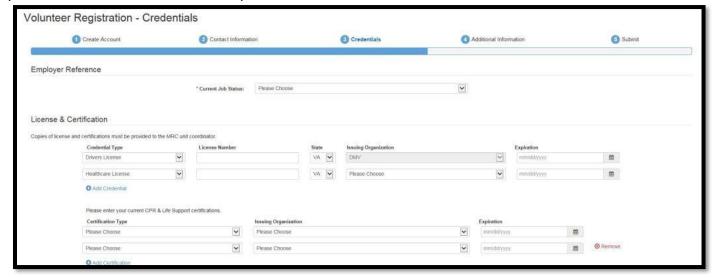


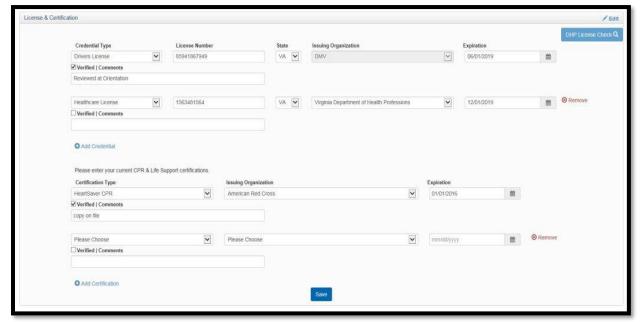
Tip: if you have a portrait/headshot photo that you can upload ahead of time, it will be easier to provide you with a badge at your orientation. Once you complete your profile you won't be able to add a new photo yourself.

3. The next section will ask about your employment status, references (if any), licenses, certifications and languages in the credential section.



4. For instance, current practicing medical professionals who are hospital employees and/or have hospital privileges are more likely to be placed on a medical support team than volunteers who have an out of state license and are not currently employed. However, both types have an equal chance of being accepted and utilized as MRC volunteers in some capacity — provided they fill in this information accurately.

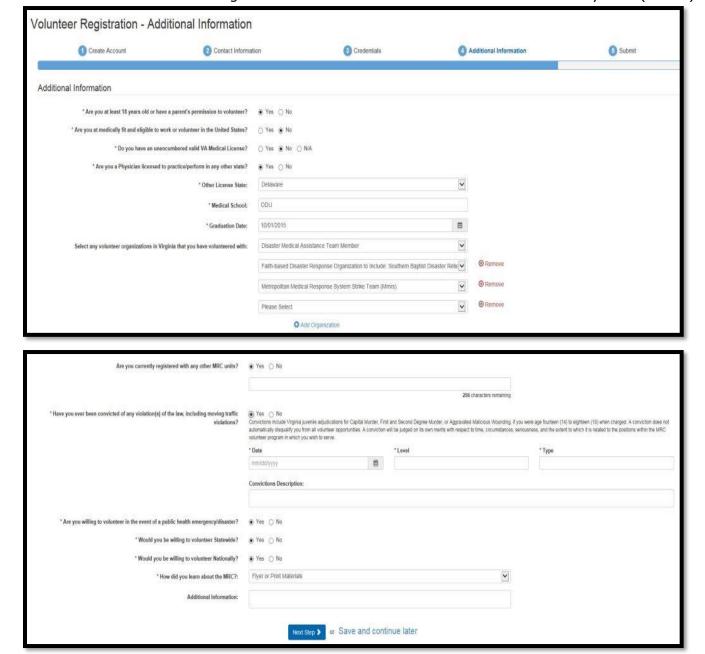




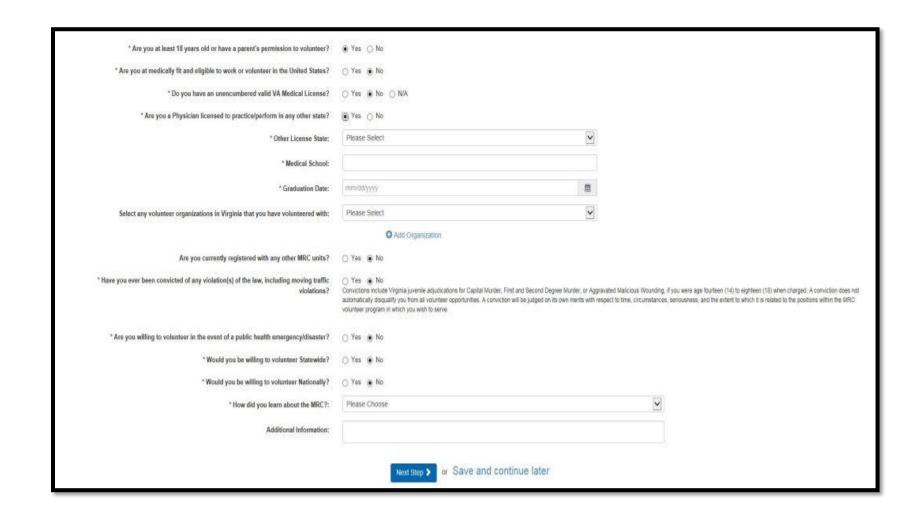
Tip: please **log in** to VVHS to update your licenses and certifications (such as CPR, etc.) whenever you renew. The system will not be able to do it for you, and the MRC Coordinator cannot manage license and certification renewals for all MRC volunteers over email.

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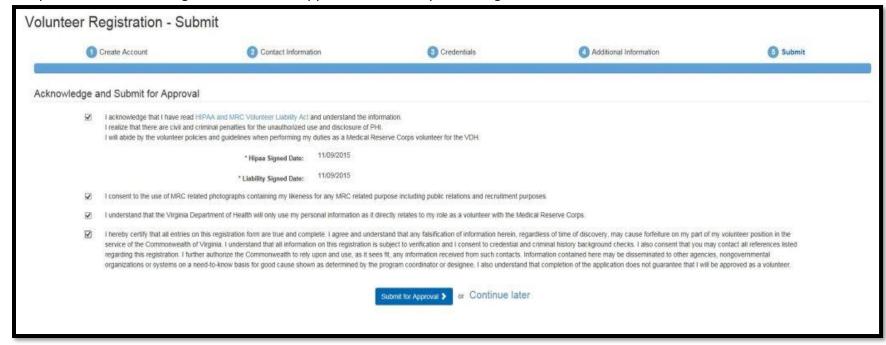
5. The "Additional Information" section provides information at the volunteer's interests and other qualifications, including out of state licenses and affiliations with other organizations such as the National Disaster Medical System (NDMS).



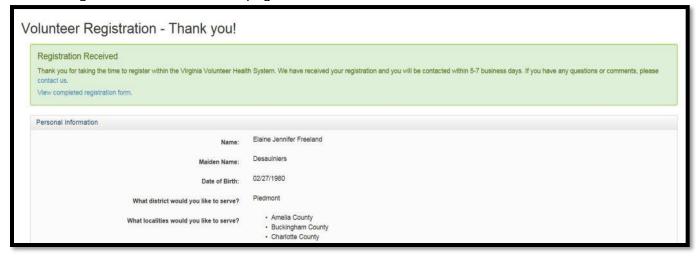
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6. Complete the Acknowledge & Submit for Approval section by checking all boxes.



7. You will then see the Registration Confirmation page.



8. Once the application is submitted, VVHS sends you an automated email like the one below:

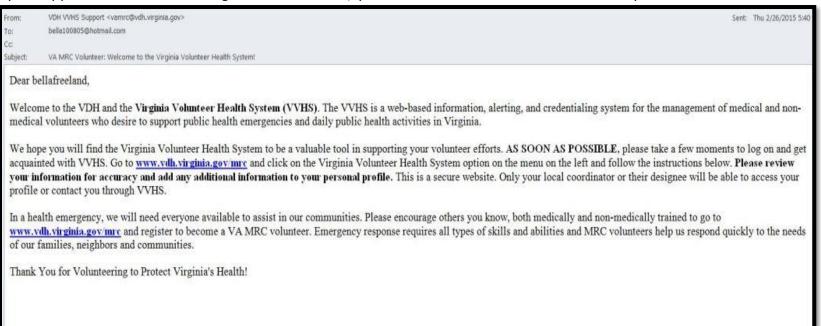


9. The unit coordinator will then be notified of your application submission and should follow up by reaching out to you via email or phone call. The unit coordinator can change your application status to approved or working until they decide to approve your application.



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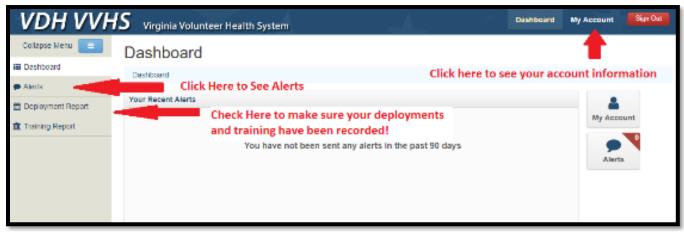
10. Once your application status is changed to APPROVED, you will receive the email below about your VVHS account.



11. Once approved, the MRC unit coordinator will send you communication messages, alerts about upcoming trainings and events, and document all of your volunteer activities. The next section will deal with the information you can access and manage in VVHS.

ACCESSING YOUR VVHS ACCOUNT

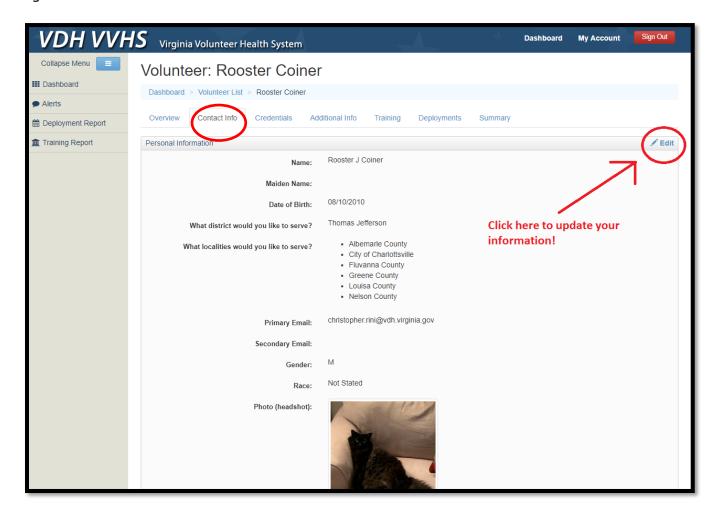
1. The Dashboard, or welcome screen, is pictured below. In order to access your account information, click "My Account" in the top right corner of the screen.



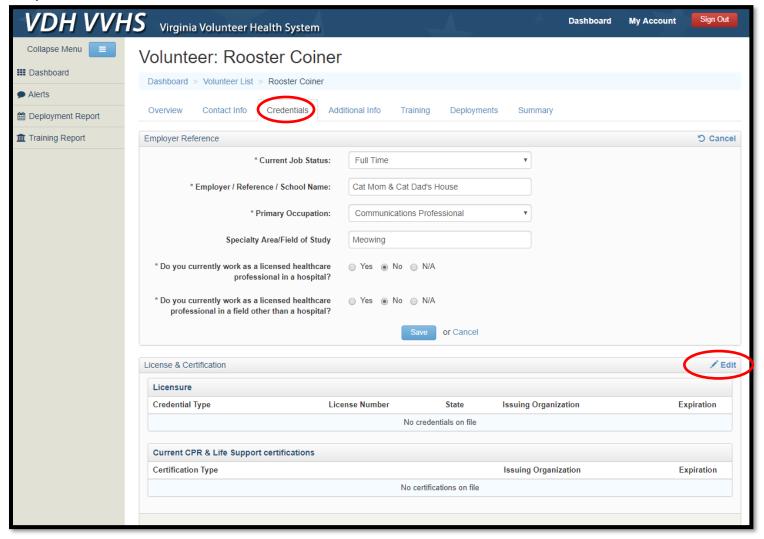
2. You are able to view your account information and volunteer activity by clicking on the tabs shown below.



3. In order to update your personal information, click the "Contact Information" tab and click the "edit" button located to the right of the corresponding field.



4. In order to update your credentials, click the "Credentials" tab and click the "edit" button located to the right of the corresponding field. Please include your driver's license number and medical license number (if applicable). We use your driver's license number to identify you if you do not have your MRC badge when checking in for assignment. We verify your medical license (if applicable) through the Department of Health Professions.



5. The MRC Coordinator or their designee will contact you via VVHS e-mail alerts. In order to view event details, click the link within the body of the e-mail.

> Alert Sent Via: email Rooster J Coiner,

Click this link to respond!

We need volunteers to help staff a Point-of-Dispensing site in your area, from 8:00 am to 8:00 pm, this Wednesday through next Saturday.

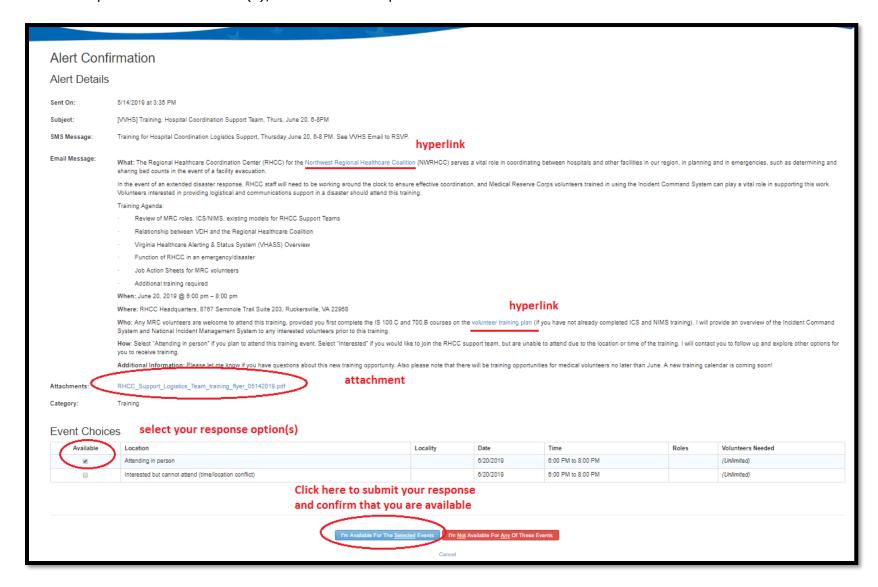
Please click here for more information and to indicate your availability for this event.

Thank you for volunteering to protect Virginia's health!

Regards, Christopher Rini Virginia Volunteer Health System Email: northwest@vamrc.org

Phone: (434) 566-7357

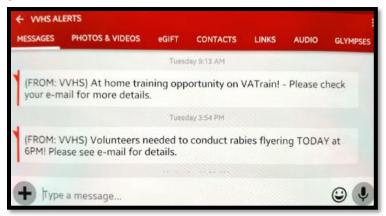
6. Once you have clicked the link, you will be able to respond to the alert by selecting your availability on the webpage. You may also have the option to select a shift(s), if several shift options are available.



7. You may also receive alerts by phone. The phone number for these alerts is **(804) 864-7200**. Save this number as VVHS or MRC Alerts in your contact book. All phone alerts will begin with, "This is a message from the Virginia Volunteer Health System..."

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8. You may also receive alerts via text message on your mobile device. Text alerts will prompt you to check your e-mail for details. A text message alert may look like this:



9. In the event that you forget your UserID or password, click the "Trouble Logging In?" button. You may also contact the MRC Coordinator for assistance with your VVHS account.



10. If you wish to deactivate from the MRC or unsubscribe from VVHS, please contact the MRC Coordinator. If you wish to transfer your affiliation to another VA MRC unit or rejoin the MRC later, the MRC Coordinator will make changes to your VVHS profile. If you are temporarily unavailable to volunteer, you can indicate so by checking the temporarily unavailable option in your volunteer profile at the bottom of the "Interests" tab. By doing so, you will no longer receive alert messages from VVHS. When you become available, you can change this option in VVHS or contact the MRC Coordinator.

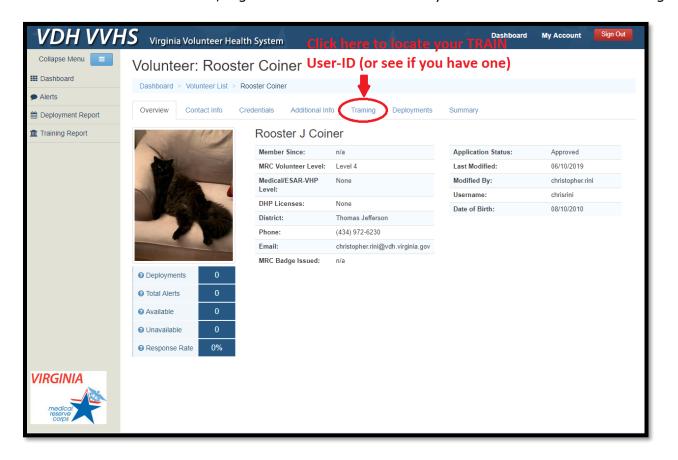
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APPENDIX E — ACCESSING YOUR TRAIN-VA ACCOUNT

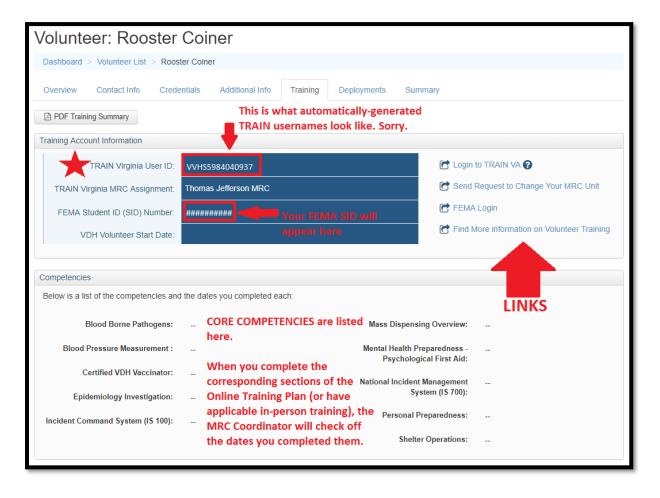
The next step toward becoming an active MRC member is to access your profile on TRAIN Virginia (https://va.train.org). Important: As of 2017, all approved MRC volunteers in Virginia already have a TRAIN-VA profile that is created automatically when they register in VVHS. TRAIN Virginia is an online learning resource managed by VDH. TRAIN enables you to take online courses to improve your skills and learn more about specific technical areas of public health emergency response. In addition to TRAIN-VA's vast, searchable library of courses, the Northwest VA MRC has its own comprehensive online training plan, which can be located at https://www.train.org/virginia/training_plan/3132. The training plan can be used by any and all members of the Northwest VA MRC unit.

This Appendix will take you through the steps of accessing your TRAIN account.

1. First, to locate your TRAIN account information, log into VVHS and click on "My Account." Click on the Training Tab.

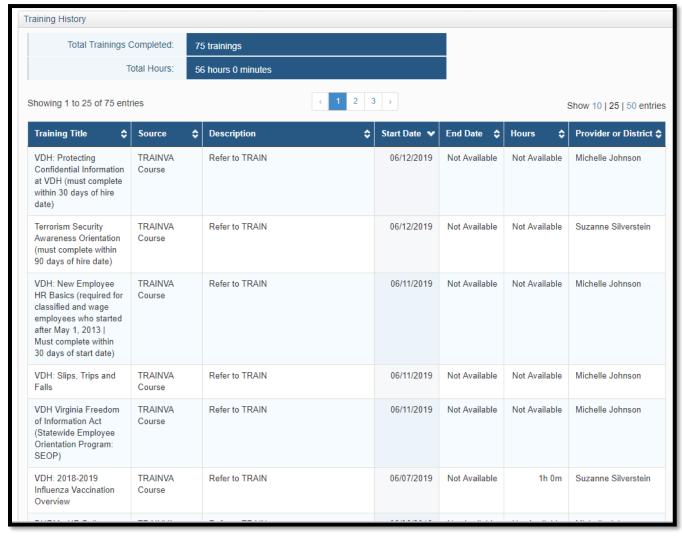


2. On the Training Tab, look for your User ID. You may or may not also have a FEMA Student ID (SID). The FEMA Student ID is required for any FEMA Independent Study course, many of which are included on our training plan. You can request a new user id from the MRC coordinator. In some cases, the MRC Coordinator can replace your automatically-generated TRAIN User ID to match your VVHS user ID.



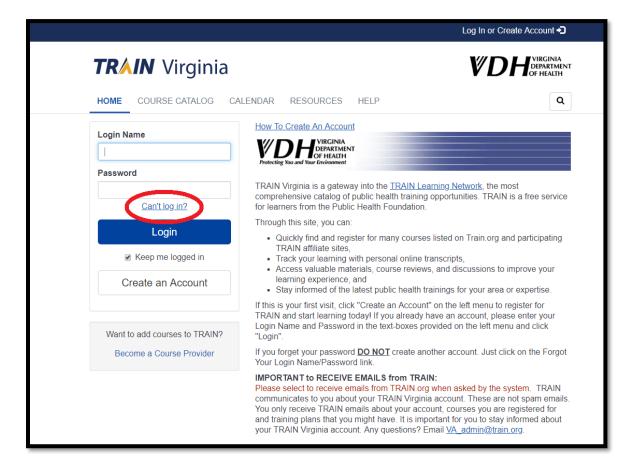
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Your Training Summary, which shows any training that is recorded 1) automatically in TRAIN or 2) manually by the MRC Coordinator, will be in the section below:

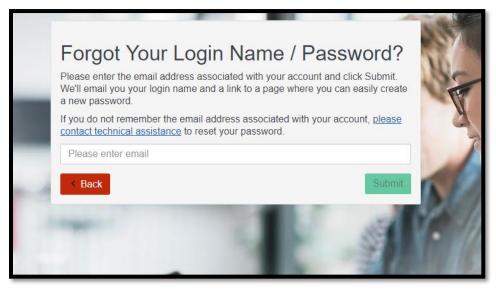


If you notice that a particular training is missing, contact the MRC Coordinator!

3. Now that you know where to find your TRAIN user ID, you will need TRAIN-VA to send you a special link to allow you to log in for the first time, because you don't have a password. Even if your VVHS profile does not show a TRAIN User ID, you should still check to make sure you're not creating a duplicate account. In order to do this, you should go to https://va.train.org/ and click the button that says "Can't Log In?" shown below.



4. Clicking "Can't Log In?" takes you to the following page, where you will need to enter the email address you used to register with the MRC so that TRAIN can send you the login link. If you are unable to remember or find the email address you used, contact the MRC Coordinator.



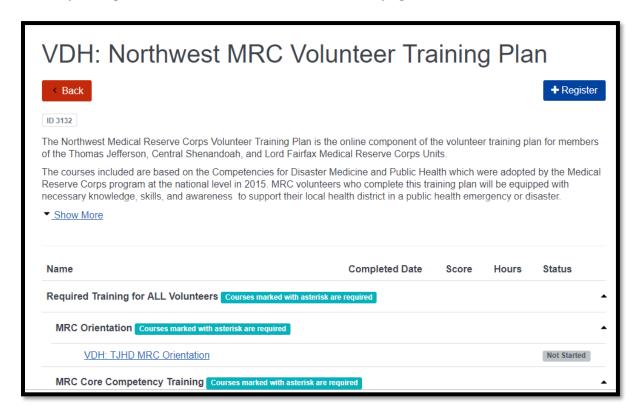
APPENDIX F — USING TRAIN-VA

As an MRC volunteer, there are several training requirements that you will need to complete, in order to be 1) **prepared** and resilient in the face of an emergency or disaster, 2) **knowledgeable** about your role as an MRC member and able to **integrate** effectively into a response, 3) able to **demonstrate** the core competencies for public health emergency and disaster response, and 4) **equipped** with the specific knowledge needed to perform the tasks that may be assigned to you in a deployment.

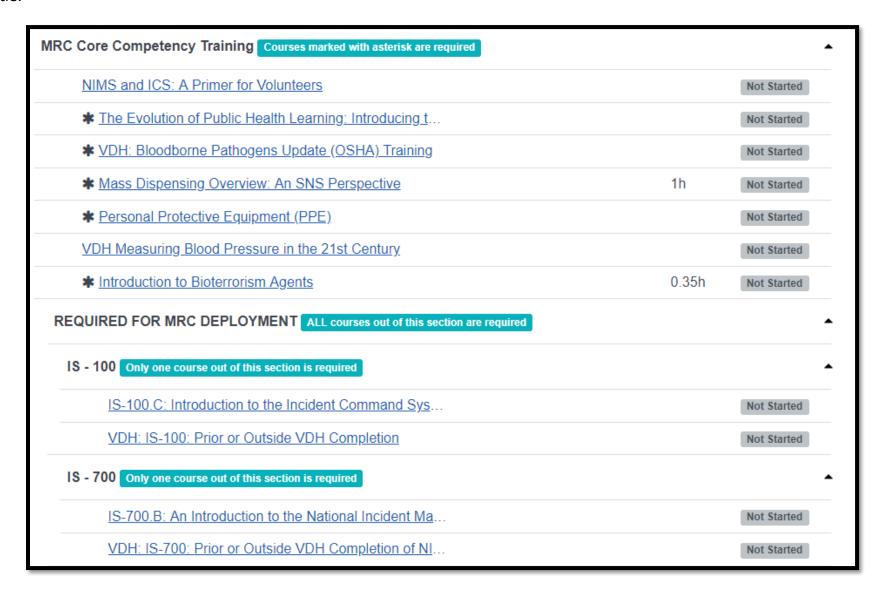
Being able to locate, register for, complete, and track your training on TRAIN-VA is essential to your role in the MRC. When we are not responding or aiding in recovery, we need to be participating actively in training and exercises so that we know how to respond when disaster strikes.

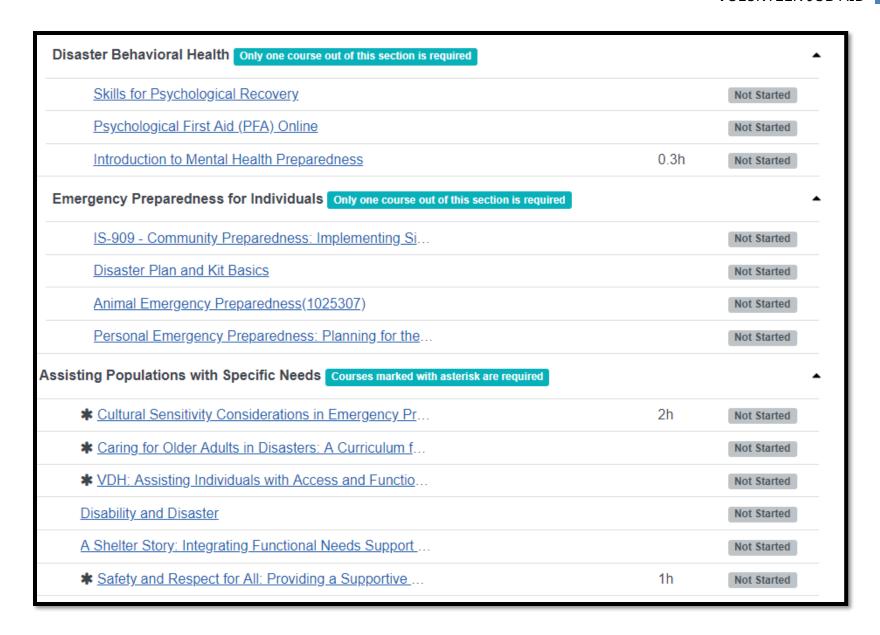
The following guide will aid you in using train to complete and document both online and offline training in one central online account.

1. First, you will need to locate the Northwest MRC Volunteer Training Plan at https://www.train.org/virginia/training_plan/3132. Click the blue button that says "Register," and be sure to bookmark this page.

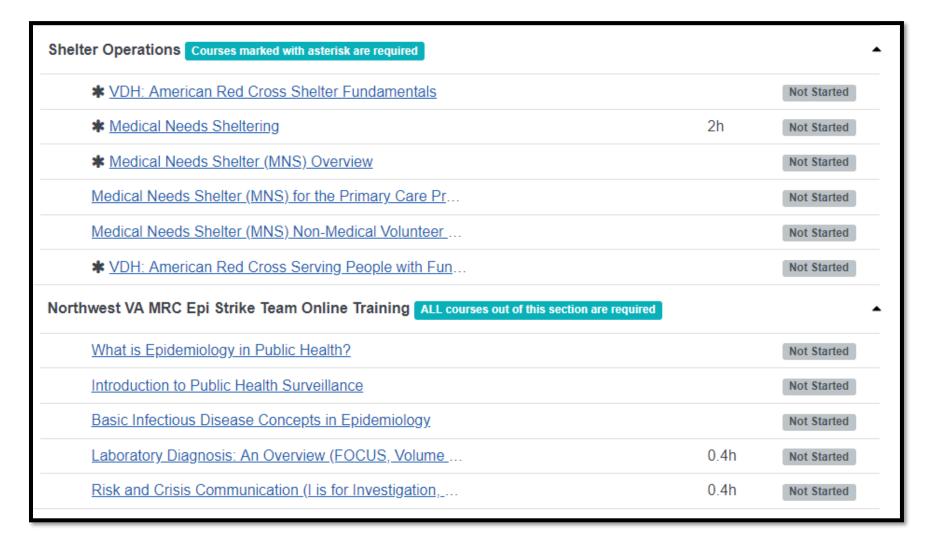


2. You will see that the same Core Competencies that were mentioned earlier in the handbook and referenced in the VVHS Training Tab are listed on this page. You should aim to complete these first, particularly IS-100, IS-700, one course from Disaster Behavioral Health, and one course from Emergency Preparedness for Individuals. In order to go to a course page, click on the title.

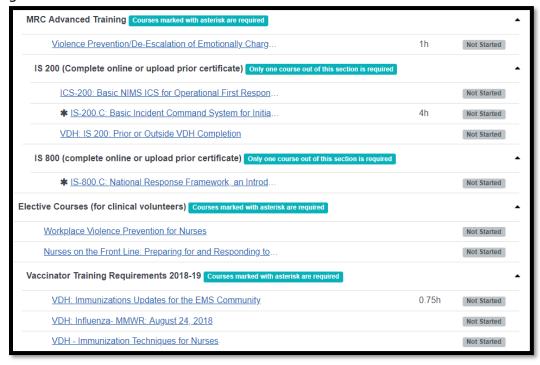




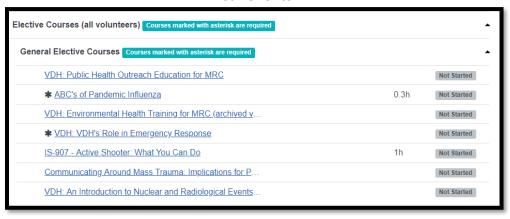
3. The Shelter Support and Epidemiology competencies are critically important if you are interested in volunteering in some of the most likely public health emergencies. In order to complete the Epidemiology section and be eligible for the EPI Strike Team, you will need to complete all 5 courses. Note: courses listed in this manual are subject to change due to expiration, and new courses may be added in the future.



4. There is also a selection of Advanced Training and Electives. Completing IS-200 and IS-800 are required in order to advance from MRC Level 2 to Level 1. The electives are courses that are generally recommended, but not as high priority as the core competency-related trainings.

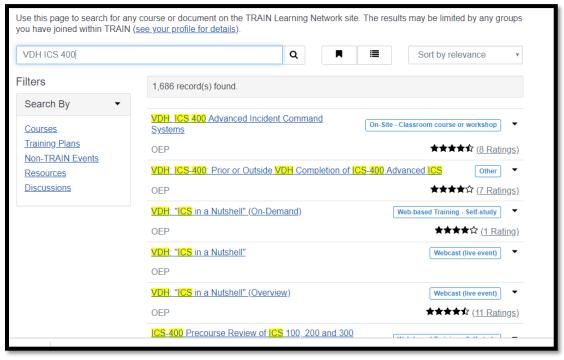


Note: Vaccinator Training is required annually for any clinical volunteers who want to dispense vaccines during POD exercises or real events.

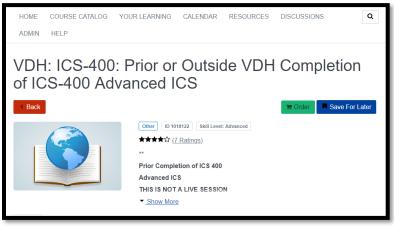


5. It's great to have all of these courses curated in one central location, but you may have already completed some of these courses outside of TRAIN-VA, such as ICS and/or NIMS. If you have certificates from previous training, you can upload a digital copy of your certificate using the following process.

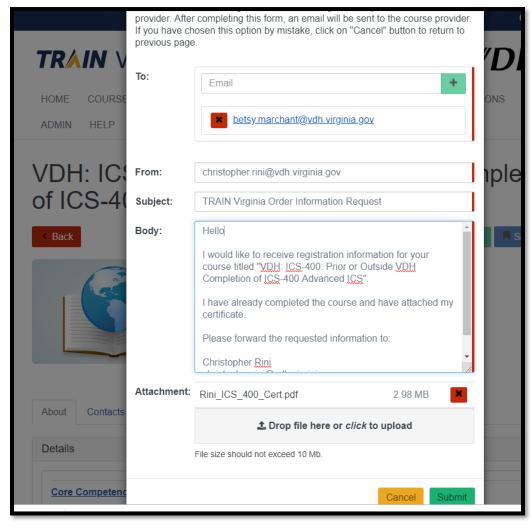
First, search for the course with the course title (and the keywords "prior" + "outside"), or find it on your Training Plan.



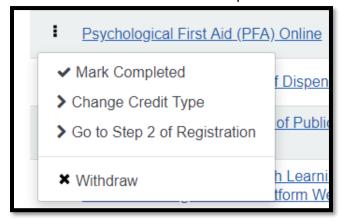
6. Then, click on the title of the corresponding course.



7. You may need to actually request permission to be added to the course. It doesn't hurt to attach your certificate with the request.

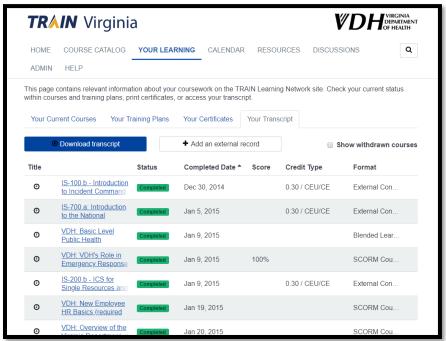


8. Once you have submitted the request, go back to your homepage and click on "Your Learning," then click the "Your Current Courses" tab. The course can be found by listing the courses in alphabetical order. Click on the three dots next to the course title and then click "Mark Completed." This moves the course to the "completed" status in your transcript.

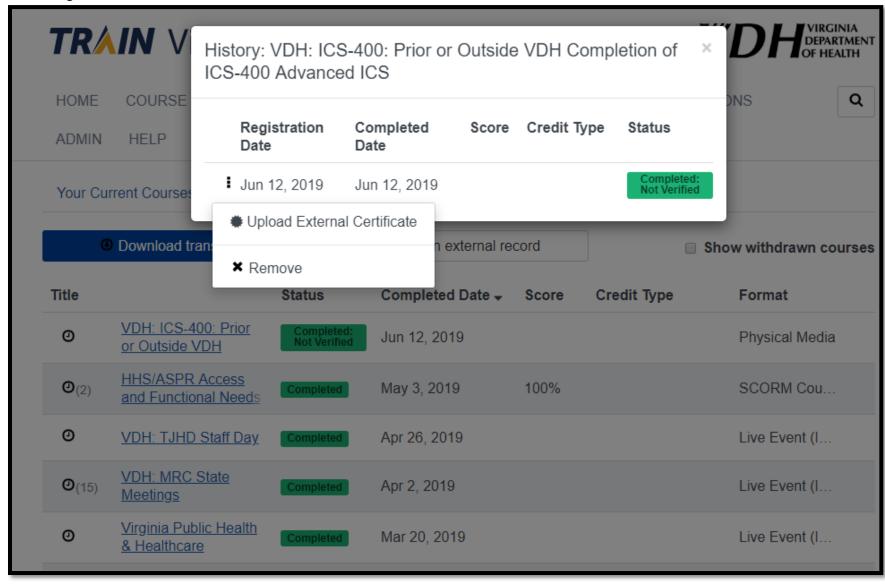


(I had to use a different course for this example. Pretend it's ICS 400.)

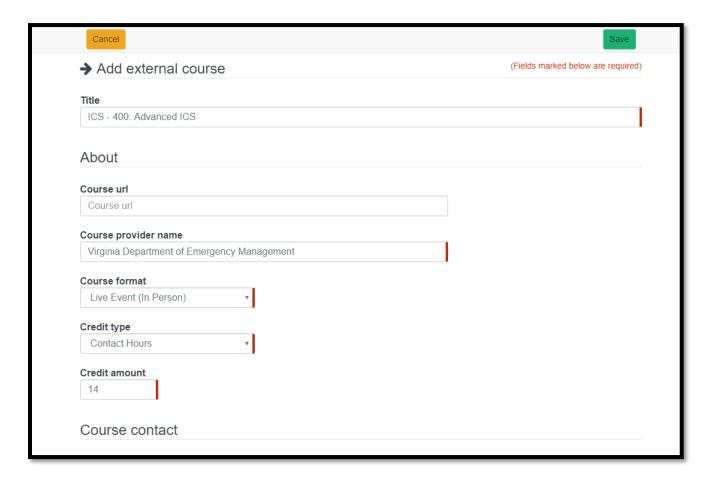
9. Next, go to the "Your Transcript" tab. The course will be on your transcript.



10. Click "Completed Date" to bring the earliest date to the top. Then, click on the clock icon next to the title of the desired course. A window will pop up. Click the three dots on the left again, and then click "Upload External Certificate." Once you've selected and uploaded your certificate, contact the MRC coordinator so that they can access the certificate and verify that you completed the training.

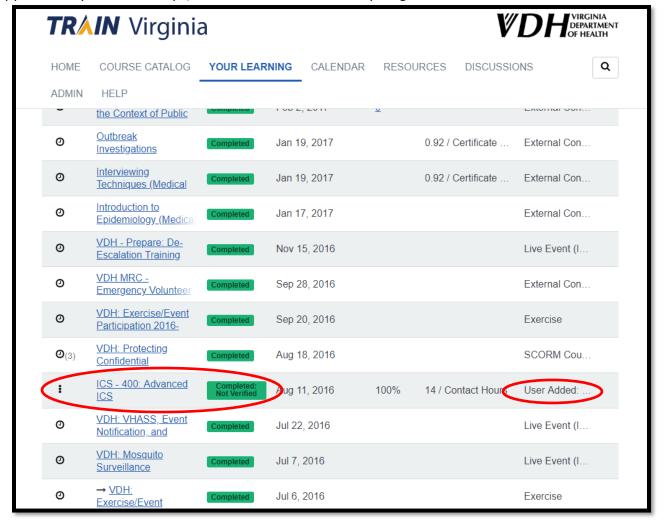


11. Alternatively, you can follow these steps to upload miscellaneous certificates to TRAIN-VA. This isn't as good an option as completing the course on your Training Plan or your transcript, but it at least allows the certificate to be added to TRAIN, where the MRC Coordinator can find it. First, you have to create the course by going to "Your Transcript" and clicking "Add an external record."



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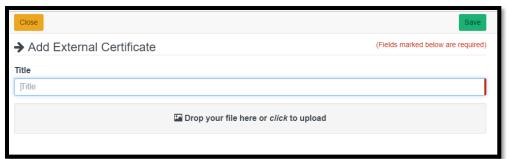
12. The course then appears on your Transcript, under the title and date you gave it.



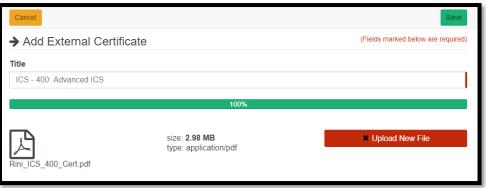
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13. Next, click on the three dots to upload your certificate.

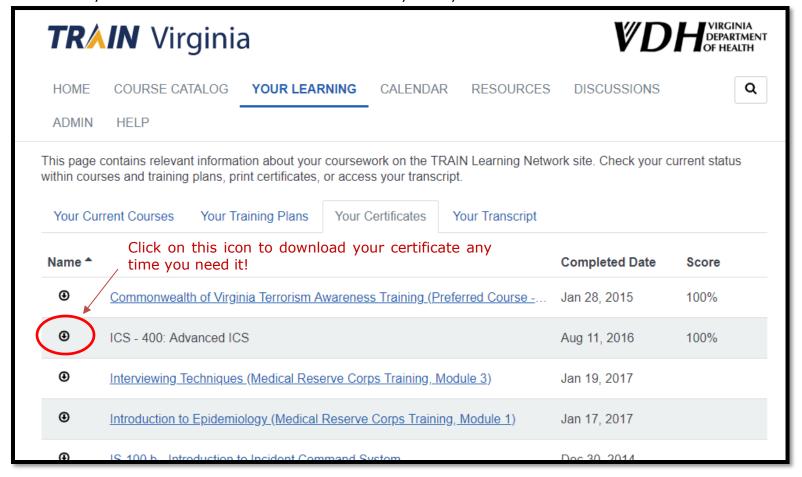




14. Once you're done, click save. Congratulations! You added a certificate to your transcript.



15. Now you can access your certificate under "Your Certificates" any time you need to.



Questions? Email us at northwest@vamrc.org